

1st Reading: 1 Kings 19:4-8

Elijah complains that he has suffered enough. God feeds him and sends him on his way.

We are encouraged to stop our bad behaviour and to

Alleluia, alleluia! If anyone loves me he will keep my word. and my Father will love him. and we shall come

Taste and see that the Lord is good.

follow Jesus' example.

to him. Alleluia!

Ps. 33:2-9 **R**/

2nd Reading: Ephesians 4: 30 – 5:2

Acclamation:

Gospel: John 6:41-51

Jesus told the people to stop complaining and to look for real food, the living bread that guarantees eternal life.

James (Jim) Thompson R.I.P. Funeral.

Jim died unexpectedly but peacefully in Llandough Hospital on Sunday 19th July at the age of 82 years. We express our deepest sympathy to the family at this time. Jim's body will be received into St. Joseph's Church on **Monday 10th of August at 5pm.** A Requiem Mass will take place on **Tuesday 11th August at 1.45pm** and afterwards at the Vale Crematorium, Barry. **May He Rest in Peace**

Home Access Collection - this weekend

For many years now we have supported the homeless through the local charity **Home Access**. The charity, at Tabernacle Baptist Church, helps clients to secure suitable accommodation. It provides bonds to landlords for this purpose. **This Appeal will be kept open for a couple of** weeks for those who may be away on holiday.

Canon Joe Annual Leave.

Canon Joe will be away for the first two weeks in September. Fr. Dermot Tredget OSB will be covering the weekend Masses while he is away. More detail later.

RCIA – Thinking of becoming a Catholic?

If you are thinking of becoming a Catholic and don't know how to take the first steps, please have a word with Canon Joe, perhaps after Mass, during this month of August. The first step is always informal, beginning with a chat. No obligation. The preparation programme will be explained. **Gift Aid – Have you taken your Thank You letters?** 'Gift Aid Thank You' letters have been placed at the back of both churches for your collection. We are most grateful for your contributions throughout the past year.

Coffee Morning Event – Annual Coffee Morning

This event, in aid of HIV/AIDS project in Zimbabwe, will be held at **All Saints Church Hall on Saturday 15th August 2015, 10.30am to 12.30pm**. As in previous years this major event is organised by the Progressio Group of Penarth. There will be a large stall of vegetables for sale, generously given by members of the Sully Terrace Allotment Association.

Closure of Cathedral CTS Shop

The CTS shop at St. David's Cathedral, Charles Street, Cardiff will be closing for business **next Saturday 15th August** and many discounts are being offered

Please pray for our Sick

St Joseph's: Eileen Sinclair, Femmy Rowlands, Patrick Rickard, Charles Curran, Valerie Catterall, Norma Flanigan, Karen Lyons, Nero Peralta and Gordon Smith.

St. Mary's: Lucienne Llewellyn, Nicholas Barron, Pat Prangley, Bernard McParlin, Terry Jones, Paul Walsh, Mary Isherwood, Betty Thorne, Sheila Docking and John O'Donnell.